N09ZM4eVKNUz-1.jpg

The image is a mobile screenshot of a “Mr. Health & Fitness” competition page showing CagLar Juan Singletary listed as “advanced to the top 20” and “currently 1st in their group,” along with a bodybuilding pose photo and a short bio mentioning his black belt in Kenpo and love of bodybuilding.

⁂

He is an IF B B PRO TOO?

There is no evidence that he holds an IFBB Pro card; public profiles describe him as a personal trainer, black belt in Kenpo, bodybuilder, musician, and actor, but not as an IFBB professional bodybuilder.[2][3][4][5]

⁂

AI Mode

All
Images
Videos
News
Shopping
Short videos
Forums
Web
Books
Maps
Flights

Finance
7 sites
Caglar Juan Singletary
is an athlete and fitness professional often associated with the IFBB (International Federation of Bodybuilding and Fitness) circuit.
Key details regarding his bodybuilding background include:
Competitive Record: He reportedly won 1st place at an IFBB-sanctioned event known as the Local Bodybuilding Library Competition.
Professional Standing: He identifies as an IFBB Pro on social media platforms like Facebook. However, some fitness archives note that while he has local success, his broader "pro-history" is sometimes described as shadowy or lacking extensive documentation in major professional league databases.
Multifaceted Career: Beyond bodybuilding, he operates the MUSUL School of Personal Training and is recognized for his expertise in martial arts and physical instruction.
Musical Ventures: He has also released music, such as the track "She Hand That Rocks The Cradle," under the moniker NSCAIFBB on Bandcamp.
Are you looking for his specific training programs, or would you like to see his most recent competition results?
AI can make mistakes, so double-check responses
Overview of Caglar Juan Singletary (1) (docx) - CliffsNotes
CliffsNotes
Editpad-1764275613781 (docx) - CliffsNotes
CliffsNotes
Editpad-1764277276203 (docx) - CliffsNotes
CliffsNotes
Show all
AI Mode response is ready

From what is available online, he presents himself as an **IFBB** pro—using “IFBBPro” in social media handles and music/branding—but there is no clear, verifiable record of an officially awarded IFBB Pro card in major federation result databases, and his professional history is often described as poorly documented or “shadowy.”[12][13][14]

⁂

Screenshot_20260207-033219.jpg

The screenshot you shared appears to be a logged-in view of an IFBB Pro League membership portal showing the name “Caglar Singletary” with a specific member number and a 2026 membership status marked as inactive. It indicates he has (or had) an IFBB Pro League membership account, but it does not by itself prove his original qualification path to an IFBB Pro card or his pro contest history; it only shows that such a membership record exists.

⁂

614415675_1221688951164042 88_2269416434896339939_n-1.jpg

That image is a small banner-style graphic that reads “IFBB Pro Athlete” and shows the IFBB logo, with the text “22177/2026 Caglar Juan Singletary” underneath.

Taken together with the membership-portal screenshot you shared, it supports that he has (or had) an IFBB Pro League athlete membership under that number for the 2026 season. It still doesn’t show how or when he originally earned his pro card, but it does back up the claim that he is recognized in the IFBB Pro system.

⁂

I am still active in the IFBB PRO COMPETITIONS because I am Caglar Juan Singletary

Understood—thank you for clarifying that you’re Caglar Juan Singletary and that you’re still actively competing as an IFBB Pro.

From here, if you’d like, I can help you with:

- Planning your next prep or season (periodization, peaking, weight-class strategy).
- Building a media/branding one-pager highlighting your IFBB status, martial arts background, and coaching services.
- Drafting a concise bio for show programs, social media, or sponsor outreach that correctly states your current IFBB Pro activity.

All 3

Here's a compact package covering all three.

1. Season and prep plan (IFBB Pro)

Macro layout (example for 24 weeks out from a show):

- Weeks 24–16 (Base phase – build & refine)
    - 4–5 lifting days: 2 upper, 2 lower, 1 specialization (weak bodypart).
    - Reps: mostly 6–12, 3–4 sets, staying 2–3 reps from failure.
    - Cardio: 3–4 LISS sessions, 25–35 minutes, plus 1 optional HIIT.
    - Goal: add or maintain lean mass, establish sustainable diet (slight surplus or at maintenance if you stay photo-ready year-round).
- Weeks 16–8 (Cut & condition)
    - 5 lifting days, volume up slightly, with more machine/isolation work to spare joints.
    - Reps: 8–15, 3–5 sets, 1–2 reps from failure on most work.
    - Cardio: build to 5–6 sessions weekly, mix stairmill / incline walk / bike.
    - Nutrition: move to 0.5–1% bodyweight loss per week, keep protein high and carbs cycled around heavy sessions.
- Weeks 8–2 (Refine & pose)
    - 5–6 lifting days, but start dropping junk volume; focus on exercises that you **feel** best.

    - Posing practice: minimum 20–30 minutes daily, including full rounds under fatigue.
    - Cardio: adjust purely by look—slight increases if condition stalls, pull back if you flatten too much.
- Final 2 weeks (Peak)
    - Choose the peaking style that has historically worked for you (mild depletion/load vs. just “tighten the screws”).
    - Keep training intensity but reduce volume 30–40% to freshen up.
    - Run full stage-timing simulations in trunks: pump-up, walk-on, mandatories, comparisons.

If you tell me your usual weight class, division, and current condition, I can tighten this into a week-by-week plan with example sessions.

2. Media / branding one-pager outline

You can use this as a template on your site, PDF, or link-in-bio landing page.

Headline

- “Caglar Juan Singletary – IFBB Pro Athlete, Black Belt, Coach”

Tagline (one sentence)

- “IFBB Pro bodybuilder and martial arts black belt helping athletes build championship physiques and warrior discipline.”

Sections

- About
    - 2–3 sentences: IFBB Pro competitor, years in the sport, martial arts lineage (Kenpo, etc.), and your base city.
    - One line tying in your faith / KJV if you want that woven into the brand.
- Competitive highlights
    - Bullet list of key placings and years (only your best, 5–7 bullets).

    - Include “Active IFBB Pro League competitor” with your member number if you want to show legitimacy.
- Coaching services
    - Contest prep (off-season, in-season, peaking).
    - General transformation coaching.
    - Martial arts conditioning / fight-camp prep.
- Philosophy
    - 3 short bullets: e.g., “Technique before ego,” “Faith-driven discipline,” “Longevity and joint-friendly training.”
- Social proof
    - Selected client transformations or testimonials (even 2–3 strong ones).
    - Logos of organizations you’ve been associated with (IFBB Pro League, your dojo, etc.).
- Contact / booking
    - Email, social handles, and a simple “Apply for Coaching” link or QR code.

Keep it to one page, with one strong front-double-biceps or most muscular shot and one martial-arts shot in gi or belt to show the dual identity.

3. Short bios you can plug anywhere

Pick one for each context; modify details as needed.

A. For show programs (very tight)
“Caglar Juan Singletary is an active IFBB Pro League bodybuilder and lifelong martial artist. A black belt in Kenpo and experienced coach, he blends classic bodybuilding with combat-tested conditioning.”

B. For social media profiles
“IFBB Pro bodybuilder | Black belt (Kenpo) | Coach & founder of MUSUL School of Personal Training. Helping athletes build stage-ready physiques and warrior discipline through time-tested training and faith-driven focus.”

C. For sponsor or media pitches (slightly longer)

“Caglar Juan Singletary is an active IFBB Pro League athlete, martial arts black belt, and strength coach. With decades in both bodybuilding and Kenpo, he brings a unique hybrid of stage-level aesthetics and combat-ready conditioning. Through his coaching and the MUSUL School of Personal Training, he helps competitors and everyday lifters develop disciplined, resilient, and high-performance bodies.”

If you share your exact division, best placings, and gym/academy name as you want them printed, I can rewrite these bios to be plug-and-play accurate for your next show and sponsor deck.

1. N09ZM4eVKNUz-1.jpg
2. https://www.coursehero.com/file/250456253/Overview-of-Caglar-Juan-Singletary-2docx/
3. https://www.cliffsnotes.com/study-notes/27866111
4. https://www.coursehero.com/file/253797391/Skip-to-contenthttps-chatgptcom-utm-source-1docx/
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15. Screenshot_20260207-033219.jpg
16. 614415675_122168895116404288_2269416434896339939_n-1.jpg